

Abstract of the Disclosure

A spring element for supporting a seat cushion or mattress includes a base body adapted to be attached to a foundation member. The base body includes a plurality of spring arms. Attached to the base body is a support
5 body which includes at least two support arms. The support body is rotatable relative to the base body about an axis to displace the support arms between a supporting position to limit the deflection of the spring arms, and a non-supporting position to exert no influence on the spring arms. Therefore, the
10 flexibility of the spring element can be adjusted by rotation of the support body.